

HOUSE No. 1127

By Mr. Koutoujian of Waltham, petition of Peter J. Koutoujian and others to promote physical activity in public schools. Education.

The Commonwealth of Massachusetts

PETITION OF:

Peter J. Koutoujian	Paul J. Donato
Christine E. Canavan	Dianne Wilkerson
John P. Fresolo	Alice K. Wolf
Christopher G. Fallon	Matthew C. Patrick
Eric Turkington	Benjamin Swan
Thomas A. Golden, Jr.	James B. Eldridge
Timothy J. Toomey, Jr.	Anne M. Paulsen
Ruth B. Balser	Patricia A. Haddad
Louis L. Kafka	Patrick M. Natale
Edward G. Connolly	Kathleen M. Teahan
Kevin G. Honan	Joyce A. Spiliotis
Elizabeth A. Malia	Stephen M. Brewer
Patricia D. Jehlen	Gloria L. Fox

In the Year Two Thousand and Five.

AN ACT TO PROMOTE PHYSICAL ACTIVITY IN PUBLIC SCHOOLS.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

- 1 Chapter 15 of the General Laws, as appearing in the 2002 Offi-
- 2 cial Edition, is hereby amended by inserting after section IE, the
- 3 following section:—
- 4 Section IE½:
- 5 (a) The department of education shall establish for all elemen-
- 6 tary, middle and high schools, as defined in Section 90 of
- 7 Chapter 71, a minimum of 120 hours of combined physical educa-
- 8 tion and physically active lunch or recess periods. These hours
- 9 may include in-school and after-school program hours. Cur-

10 riculum requirements of physical education classes should
11 include, but are not limited to:

12 a. Structured activities geared to individually challenge each
13 child's physical activity level.

14 b. Lessons and instruction on how each child can maintain a
15 program of regular activity on their own or in group activities.

16 c. Exposing students to the process of getting involved in local
17 and school athletic and physical activity initiatives as well as
18 introductory lessons to participating in these activities.

19 d. Requiring children to choose and participate in at least one
20 local or school program based on their interest and ability level
21 with guidance from educators.

22 (b) The department of education shall establish for all elemen-
23 tary, middle and high schools, as defined in Section 90 of
24 Chapter 71, a minimum of 50 hours of nutrition and wellness pro-
25 grams in public schools to address the nutrition and lifestyle
26 habits needed for healthy development. These hours may include
27 in-school and after-school program hours. Curriculum require-
28 ments for in-school and after-school programs should include, but
29 are not limited to:

30 a. Lessons and activities geared toward nutrition education as
31 well as the physiological component of calorie intake and output.

32 b. Classes on proper nutrition should include in-class and at
33 home assignments to individually design and practice a balanced
34 meal program consistent with the appropriate calorie/energy
35 guidelines for the student's lifestyle.

36 c. Seminars, lectures and informative meetings should engage
37 parents and caretakers to participate in their child's curriculum.